

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash Poisons and Toxins from System
Before Putting Food Into
Stomach.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment.

A splendid health measure is to drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the alimentary canal before eating more food.

A quarter pound of limestone phosphate costs but very little at the drug store, but is sufficient to make anyone an enthusiast on inside bathing.—Adv.

NORTH CALAIS

Mr. and Mrs. George Nelson, Charles Willis and son, Jack, of East Hardwick were Sunday guests at the home of Mr. and Mrs. Sidney Nelson.

Mrs. Irene Goodell spent Wednesday at the home of Mrs. Hettie Wheelock at Maple corner.

Mr. and Mrs. Frank Hill were in Montpelier Monday.

I. S. Tabor was a recent guest of friends in Cabot.

Mr. and Mrs. W. J. Bailey and Mr. and Mrs. Mrs. Joel Neal were business visitors in Montpelier one day last week.

Mr. and Mrs. Myron Bailey and sons, Rufus and Charles, enjoyed an automobile trip to Willoughby lake last Sunday.

Leo Payne was in Woodbury Saturday. Several from here attended the Lawson auction at Kent's corner Wednesday.

Mrs. Ada Cate visited friends in Montpelier several days last week.

Mr. and Mrs. Dennis Lawson of Barre were in town Saturday.

The next regular meeting of S. of V. and W. R. C., will be held at Memorial hall Saturday evening, Oct. 11.

A St. Johnsbury housekeeper was surprised the other day to find at the bottom of a package of soda a sealed envelope. Her curiosity having been aroused, she opened the envelope and found it contained a fifty-cent piece.

Pain Tortured Nerves



Are given quick relief by liberal application of that great Scotch Remedy,
Mysterious Pain Easor
Pain Ease.

For over 30 years it has been easing pain from Rheumatism, Neuralgia, Sprains, Bruises, Sore Throat, Tonsillitis, Influenza, Colds, Cramps, etc.
Keep a Bottle in Your Home
It is the best insurance against suffering, and saves the doctor's bill.
Ask Your Druggist
Manufactured and Guaranteed by
JUNIUS BARNES & SON,
Burlington, Vermont.

EAST CALAIS

Mr. and Mrs. F. W. Gray were visitors in Plainfield the first of the week.

John Lane of Plainfield was in town Monday, working on the telephone.

E. E. Brown and wife were business visitors in Montpelier Monday.

Schools were closed on Tuesday to allow the teachers to attend the teachers' convention in Montpelier the remainder of the week.

Mrs. Dan Brown visited in Montpelier the first of the week.

C. W. Bugbee was in Montpelier recently.

Misses Ida and Mildred Gray are spending part of the week in Montpelier.

Lewis and Wayne Burnham were visitors in Montpelier on Tuesday.

D. D. Lamb installed a milking machine at John Graham's recently.

Berta Baldwin is visiting her aunt, Mrs. O. W. Guernsey.

On Saturday evening, Mr. Briggs, court agent, will give an illustrated lecture at L. O. T. hall. Admission free. A harvest supper will be served from 6 to 9. Come and test the cooking of the Calais ladies. Supper, 30c. This entertainment is also a fair and sale. Come and buy and see the exhibits. A good time is guaranteed.

R. C. Goodall is building a new piazza on the front of his house.

Several from here attended the funeral of London Haskell of Woodbury Wednesday. Mr. Haskell was well and favorably known about this town, being one of the few surviving veterans of Co. I, 11th Vermont Volunteers.

BETHEL

The Woman's Relief corps will hold a public card party at Mrs. E. C. McIntyre's Friday afternoon.

A. R. Goodwin has installed at Bascom theatre a new 900-kilowatt electric moving picture machine.

Mr. and Mrs. Louis Gates of Barre have been visiting at James A. Graham's.

POSTAL CLERK

DISPELS DOUBT

"I Will Be Glad to Aid Sufferers From Rheumatism," Says Cambridge Man

Henry C. Hackett is a postman of Cambridge, Mass. There is not a more active mail deliverer in the college city. He is pointed out as a man who can give positive proof of how Var-ne-Sis conquers rheumatism. One would not suppose to look at Mr. Hackett that he had ever known a sick day in his life, and yet his own case is proof of how Var-ne-Sis conquers rheumatism. "I was delivering mail," says Mr. Hackett, "when I was overcome with an attack of rheumatism, so bad that I had to quit. My doctor told me that he could not cure me. I had heard from others who had been benefited by Var-ne-Sis. The druggist of whom I purchased it said that it would not injure me in any way, because it was made from nature's own remedies of roots and herbs. "At the time I began taking it, I was obliged to walk on the toe of my left foot on account of the pain, and could not straighten the joints of my knees. It required only a few bottles of Var-ne-Sis to relieve that trouble, so that I was able to parade with the band in the Liberty Loan parade. To-day I am entirely well. I have not the slightest symptom of rheumatism, as you can see. And I will only be too glad to have anyone write to me, and I will give them my endorsement of Var-ne-Sis." Var-ne-Sis is in liquid form or tablet form, at druggists, or you can get it direct from W. A. Varney, Lynn, Mass.—Adv.

GRANITEVILLE

Mrs. Mariani will be at Gilbert's store, Upper Graniteville, Friday, with a good line of fall and winter hats.—adv.

Mrs. H. S. Miles, milliner, 33 Merchant street, Barre, will be at John Ryan's store Thursday and Friday with a fine selection of seasonable hats. Better call this time, as it may be my last visit.—adv.

Drink Granite City Sodas

that are 100 per cent pure. They are just what you have been looking for.

Granite City Bottling Works
F. W. Langlois

AUTOMOBILE OWNERS

LIABILITY, FIRE, THEFT AND COLLISION INSURANCE

COVERS EVERY ACCIDENT

J. W. DILLON
BARRE, VT. BOLSTER BLOCK
PHONE 34-R

7-26-4
FACTORY OUTPUT 200,000 DAILY
LARGEST SELLING BRAND
OF 10 CIGARS IN THE WORLD
FACTORY—MANCHESTER, N.H.

Horse Blankets

We have a new line of Horse Blankets just received. Every Blanket new this fall. We have them for both stable and street wear. Let us show you.

Lee and Clara B. Shortt
MARSHFIELD, VT.

For Coughs, Colds, and the relief of inflammatory conditions of the throat arising from Bronchitis, Asthmatic affections and derangements of the Respiratory Organs. Prepared from Spruce Gum and other medicinal agents. Successfully used for 60 years. Always use the Large Size.

GRAY'S SYRUP
RED SPRUCE GUM
Montreal D. WATSON & CO. New York

Those Who Haven't Got Rich yet, better take care of the yet, by life insurance. We can suggest plans which save and serve. National Life Ins. Co. of Vt. (Mutual.) S. S. Ballard, general agent, Rialto block, Montpelier, Vt.

Appear At Your Best—Instantly

If you receive a sudden caller or an unexpected invitation you can feel confident of always appearing at your best. In but a few moments it renders to your skin a wonderfully pure, soft complexion that is beyond comparison.

Gouraud's Oriental Cream
Send For Free Trial Size
FERD. T. HOPKINS & SON, New York

Barre Opera House Thursday, October 9

H. Bart McHugh

Presents his latest Broadway success

"Too Many Sweethearts"

—with—
FUNNY **Guy Rarick** FUNNY

THE HARMONY FOUR

Clarence Marks, Jean Bradley, Jack and Dixie McShane

SWEETHEART MALE QUARTET

Burke, Curley, Francis and McHugh

THE THREE DANCING BUGS

Ada Marks and the Kuter Brothers

CARLOAD OF SPECIAL SCENERY, GORGEOUS GOWNS, ELABORATE ELECTRICAL EFFECTS

The Classiest, Singiest, Danciest, Prettiest Chorus

20 — PEOPLE — 20

Prices: 35c, 50c, 75c, \$1.00, plus war tax—On sale at box office Tuesday, Oct. 7; hours, 2 till 5, 6:30 to 9:30; tel. 471-W

PLAINFIELD

Promenade and dance at S. and D. of L. hall, Plainfield, Saturday evening, Oct. 11. Good music and refreshments.—adv.

The Queen City Realty company has purchased of Edward R. Hutchinson and James R. Lockwood the Majestic theatre in Burlington for \$100,000. It will be continued as a moving picture house.

INDIGESTION

"Pape's Diapepsin" instantly relieves Dyspepsia, or a Sour, Acid, Gassy Stomach—quick! Sure!

Food souring, gas, acidity! Wonder what upset your stomach? Well, don't bother! The moment you eat a tablet or two of Pape's Diapepsin all the lumps of indigestion pain, the sourness, heartburn and belching of gases, due to acidity, vanish—truly and wonderfully!

Millions of people know that it is needless to be bothered with indigestion,

dyspepsia or a disordered stomach. A few tablets of Pape's Diapepsin neutralize the acidity and give relief at once—no waiting! Buy a box of Pape's Diapepsin now! Don't stay miserable! Try to regulate your stomach so you can eat favorite foods without causing distress. The cost is so little. The benefits so great. You, too, will be a Diapepsin enthusiast afterwards.—Adv.

Pile Sufferers! Clever Ohio Chemist Says This Great Prescription Taken Internally Has Never Failed

Even chronic cases of 25 to 30 years' standing, with profuse bleeding, have been completely cured in from three to ten days.

No discovery of recent years in the field of medicine has caused such a stir amongst the medical profession as the recent discovery that piles can be successfully treated and cured at home by a wonderful prescription known to druggists as Miro Pile Remedy.

It has been proved that so-called external remedies applied or inserted into the rectum cannot cure piles and at the best only give temporary relief. This is also true of surgical operations, which simply remove them after formation, but in no wise act on the source of the trouble.

This prescription, although taken internally, is not digested in the stomach, but is rapidly passed on unchanged to the intestines in a short time, reaching the exact place where by

its soothing, healing action, it first allays all inflammation and then by direct contact with all ulcers and piles, causes them to heal and disappear forever.

It's positively marvelous how speedily it acts. Blessed relief often comes in two or three days at most, even in cases with profuse bleeding that have resisted all known treatments and operation, really wonderful results have been accomplished.

The author of this amazing discovery desires all sufferers to know that he does not want a cent of anyone's money unless Miro Pile Remedy decisively conquers even in the worst cases, and he has instructed the Red Cross Pharmacy and druggists all over the country to guarantee it in every case of blind, bleeding or protruding piles.

IMPORTANT—What is known as itching piles are not piles in the true sense of the word, although this condition may accompany a true case of piles. For this condition Miro Pile Ointment has been prepared, as in such cases it is not necessary to take the internal prescription.—Adv.

New Apparel

Direct from New York. New Suits, Coats and Dresses Purchased in the Market Last Week

Tailored and Ripple Suits

are the big selling models. Made in Tinseltone, Suede Velour, Broadcloth, Men's Wear Serge, Velour Checks and Oxfords.

PRICED, \$29.50 UP TO \$75.00

Misses' Ladies', Stouts, Stylish Stouts
Sizes, 14 to 52½

Hundreds of New Coats

Crisp new models in rich, soft MATERIALS, such as: Tinseltone, Chameleon Cord, Silver Tip, Cordeline, Hudson Sea Plush, Baffin Seal, Sealette Plush, Wool Velour, Silvertone, Broadcloth, and Kersey, in Self and Fur-Trimmed Models.

PRICE, \$25.00 up to \$125.00

New Tricolette Dresses

in Beaver, Navy, Black and Seal Brown.

CHILDREN'S COATS

are here in an endless variety

AGES

2 to 6 and 6 to 14

MATERIALS

Chinchilla
Zibeline
Velveteen
Silvertone
Wool Velour
and
Broadcloth

PRICED

\$6.98 to \$25.00

JUNIOR COATS

Complete showing

SIZES

15, 17, 19

PRICED

\$18.50 up to \$50

"You Can Find It at McCuen's"

The McCuen Store

Montpelier, Vermont

"The Store That Saves You Money"